

[Insert School Letterhead]

PRESS RELEASE

"Power up with breakfast ...

Eat breakfast at school to boost your brain and body power!"

[Date]:

Dear Parents:

As we all recognize that hungry children cannot learn, the first step is ensuring that all students begin the school day with a nutritious breakfast at home or at school. The School Breakfast Program helps to make sure all our students start the school day alert, well-fed and ready to learn.

The School Breakfast Program is available to all students every school day in the morning starting at **[time]**. Your child can attend every day or occasionally. These supervised meals provide your child with one-fourth of their nutritional needs each day. School breakfast is tasty and nutritious.

School breakfast is an ideal solution on mornings when kids are running late or parents have early commitments. It is also a wonderful way to make sure your children have a balanced meal to start each day. Try breakfast at school today!

Children from households whose income is at or below the levels set by the federal government may be eligible for **either** free or reduced-price meals. To apply, please contact your child's school.

Sincerely,

[Principal or Superintendent]

School Breakfast Information

[Price*]

[Serving Time]

*Price is determined by your confidential application for free and reduced price meals. If you would like an application, please call the school office at **[telephone number]**

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